

# Healthy Halloween snacks won't spook parents

See related story on Taste from.

## HALLOWEEN GHOST CAKE

Vegetable oil cooking spray  
Super moist Light Devil's Food  
Cake Mix (18.25 ounce  
box)  
1/4 teaspoon baking soda  
1 1/2 cups water  
3 egg whites  
16 ounce Lite Whipped top-  
ping  
1 black licorice twist

Heat oven to 350 degrees F. Spray  
8-inch cake pans (one round and  
one square) with vegetable oil cook-  
ing spray.  
Blend cake mix, baking soda, wa-  
ter and egg whites (saving shells) in  
large bowl on low speed 50 seconds.  
Beat on medium speed 2 minutes or  
300 strokes by hand.  
Fill cake pans 3/4 full. Bake 30-40  
minutes. Cool in pans. Remove  
from pans and cool completely on  
wire rack.

Cut round layer in half and place  
one square layer cut side down. Cut  
arms out of remaining half of round  
layer and place at either side.  
Frost entirely with lite whipped  
topping. Make mouth out of licorice  
and use empty egg shells for eyes.  
Place small warming candles in egg  
shells. To serve light candles. Yield  
16 pieces.  
**Nutritional Analysis per serving:**  
147 calories; 3.5 g fat; 2 g protein, 0  
cholesterol, 282 mg sodium, 30 g

carbohydrate. Diabetic exchanges: 2  
starch, 1/2 fat.

## HEART SMART SUBMARINE SANDWICH

1 (16 ounce) loaf unsliced  
French bread (10-20 inches  
long)  
2 tablespoons prepared mus-  
tard  
4 ounces part skim mozzarella  
cheese (sliced thinly)

4 ounces sliced turkey  
2 ounces lean ham  
2 cups shredded lettuce  
leaves  
2 medium tomatoes (sliced  
thinly)  
1 medium onion (sliced thinly)  
1 medium green pepper  
1/4 cup no-fat Italian dressing  
6 long wooden picks or small  
skewers  
Cut bread horizontally into  
halves. Spread bottom half with

mustard. Layer cheese, turkey,  
bacon, lettuce, tomatoes, onion and  
green pepper. Drizzle with dressing.  
Top with remaining bread half. Cut  
into 8 servings.  
**Nutrient analysis per serving:** 179  
calories, 6 g fat, 17 g protein, 23 mg  
cholesterol, 587 mg sodium, 34 g  
carbohydrate. Diabetic exchanges: 2  
starch, 2 1/2 meat, 1 vegetable.  
Recipe from Faye Fitzgerald, a  
dietitian with the Henry Ford Heart  
and Vascular Institute.

# Make party ghoulishly delightful

AP — Make your Halloween  
party ghoulishly delightful and  
entertaining. Serve "snake" and  
"witch" pizzas, "spider" pretzels and frozen  
"witches."

The sandwiches can slither  
across the table for an exciting  
centerpiece. The pizza faces can  
be made in advance, or served  
plain, with vegetable add-ons.  
The frozen witches need to be frozen  
at least two hours before the  
party. The recipes are from "Fam-  
ily Fun" magazine.

## SLAKE SANDWICH

Sliced salami or other lunch-  
meat  
Provolone or American cheese

1 hot-dog bun  
Mayonnaise  
Carrot strips  
Red pepper  
Broccoli florets  
Radish

Make 5 salami and cheese sand-  
wiches on 5 hot-dog buns with the  
mayonnaise, reserving 1 bun for later  
use.

Slide 1/4-inch off either end of  
each sandwich, then cut the sand-

wiches into thirds. Arrange the  
miniature sandwiches in a snake  
curve on a platter or cutting board.  
For the snake's head, halve the  
remaining hot-dog bun and open it  
to make the snake's mouth. Wedge  
two carrot strips "fangs" into the  
mouth to hold it open. Cut a piece  
of red pepper into a tongue shape  
and set it between the fangs. Add  
broccoli florets for the eyes, radish  
slices for eyebrows and more red pep-  
per for nostrils. Use the remaining  
half bun at the tip for a tail. Serve  
with carrot and celery sticks and  
chips. Makes 8 servings.

## SCARY-FACE PIZZA

1 pizza pocket round  
1 tablespoon olive oil  
1/2 cup shredded mozzarella  
1 teaspoon grated Parmesan  
cheese

Preheat oven to 375 degrees F.  
Position the pizza, bowl-side facing  
up, and prick it with a fork. Spread  
the olive oil evenly across the top  
and sprinkle with both cheeses.  
Choose from the following ingredi-  
ents to make the pizza yourself or  
present your guests with bowls of

the toppings as options so they can  
make their own:  
Zucchini, cut in small rounds  
Onion, green or white, chopped or  
cut crosswise  
Mushrooms, sliced  
Green and black olives  
Red and green peppers, sliced in  
curves  
Fresh or sun-dried tomatoes,  
chopped or sliced  
Pepperoni slices

Bake the pizza in a 375-degree F  
oven for 10 minutes or until the  
cheese has melted and the bread be-  
gins to get crispy. Makes 1 serving.  
**Note:** For a party, multiply this  
single-serving recipe by the number  
of guests you are expecting.

## SPIDER PRETZELS

2 teaspoons smooth peanut  
butter  
2 round crackers  
8 small pretzel sticks  
2 raisins

With the peanut butter and the  
crackers, make a cracker sandwich.  
Insert eight pretzel "legs" into the  
filling. With a dab of peanut butter,  
set two raisin eyes on top of the  
cracker. Makes 1 serving.

## FROZEN WITCHES

Tube of chocolate decorating  
gel  
8 chocolate sugar cones  
8 thin, round chocolate wafers  
1 pint pistachio ice cream  
Black shoestring licorice  
Chocolate chips  
Candy corn

For each dessert, squeeze a ring of  
decorating gel around the edge of  
the cone and attach the cone to the  
chocolate wafer "rim," then set it  
aside.

Using an ice-cream scoop, drop  
individual "heads" of ice cream  
onto a cookie sheet lined with  
waxed paper.

Cut pieces of licorice to make hair  
and a mouth and arrange them in  
place on the ice-cream face. Add  
chocolate-chip eyes and a candy-  
corn nose. Top each scoop with a  
cone hat (flatten the ice cream  
slightly so the hat doesn't fall off).  
Freeze for at least two hours or until  
the hats are set in place. Makes 8  
servings.

**Note:** To avoid meltdown, make  
these desserts in batches of four.

Recipe from: Carnation Evaporat-  
ed Skimmed Milk

## COOKING CALENDAR

Send items to be considered for  
publication to: Kerly Wygonik,  
Observer & Eccentric Newspapers,  
36251 Schoolcraft, Livonia 48150,  
or by fax (313)591-7279.

**Classes**  
GARDEN CITY COMMUNITY EDUCATION  
One dish meals, 7-9 p.m. Wednesdays,  
Nov. 1 & 8; On the lighter side gourmet  
cuisine, exotic dressings and different  
garnishing ideas, Nov. 15.  
(810) 422-7198

**ART OF FOOD PRESERVATION**  
Seven week home study course offered  
by the Michigan State University Exten-  
sion, Oakland County. Cost \$15 to cover  
materials and mailing. Course explains  
canning, freezing, drying, jams, jellies and  
pickles.  
(810) 858-0904

**LENORE'S NATURAL CUISINE**  
Reviving desserts 6-9 p.m. Monday,  
Oct. 30; beginning cooking 6-9 p.m.  
Wednesday, Nov. 1; sourdough bread, 10  
a.m. to 1 p.m. Thursday, Nov. 4, 22899  
Greater Road, Farmington Hills.  
(810) 478-4455

**THE COMMUNITY HOUSE**  
An Italian Thanksgiving, 7:30-9:30 p.m.  
Tuesday, Nov. 7; A Holiday Menu with  
Flair, 7:30-9:30 p.m. Tuesday, Nov. 14;  
Spectacular Holiday Cookies, 7:30-9:30 p.m.  
Monday, Nov. 13. Classes at 390 S.  
Bates, Birmingham.  
(810) 644-5832

**FEEDING YOUR WHOLE SELF**  
Vegetarian cooking classes. Soups for  
the Soul, 6:30-8:30 p.m. Thursday, Nov.  
2 at The Daily Grind, 220 Fitch St., Ann  
Arbor. Surprising Seltan and Tempting  
Temper, 6:30-8:30 p.m. Thursday, Nov.  
9 at The Daily Grind; Kids in the Kitchen!  
Orange you Glad It's Fall, recipes using  
pumpkins and squash 10 a.m. to noon  
Saturday, Nov. 4 at the Daily Grind. Call 9  
a.m. to 6 p.m., weekdays for information.  
(313) 994-5549

## Cooking demonstrations

**FEEDING KIDS IN THE 1990s**  
Nutritional presentation by Ronald Gen-  
erent Hospital's Health Development Net-  
work and the Livonia Family YMCA 1 p.m.  
Thursday, Nov. 9 at the Rotaract Center  
for Health Improvement, 39750 Grand  
River Ave., Novi. Dietitian Julie Swancutt,  
a mother of four, will offer a common-  
sense approach to setting guidelines for  
kids and strategies for preparing and/or  
providing nutritious and appealing meals  
for active families. There is a \$5 fee, and  
pre-registration is required.  
(810) 477-6100

**BREAD MAKING WORKSHOP**  
At Rochester & Novich Kitchen Glamor  
stores with Sandra Garcia, 6:30 p.m.  
Wednesday, Nov. 1 (Rochester); 6:30  
p.m. Thursday, Nov. 2. There is a \$3 fee.  
(313) 537-1300

**HEALTHY COOKIES & MUFFINS**  
Carle Germain, health educator of Stay  
Well Health Management Systems,  
teaches you methods to hold the fat and  
substitute ingredients for healthy results  
at Kitchen Glamor stores: 6:30 p.m.  
Tuesday, Oct. 31 (Novi); 6:30 p.m.  
Wednesday, Nov. 1 (Rochester); 6:30 p.m.  
Thursday, Nov. 2 (Livonia). There is a  
\$3 fee.  
(313) 537-1300

**WHOLE FOODS MARKET**  
Kids of all ages are invited to enjoy a fun  
and safe Halloween Trick or Treat experi-  
ence at Whole Foods Market, 2398 E.  
Stadium Blvd., Ann Arbor, 5:30-8:30 p.m.  
Tuesday, Oct. 31. There will be treats  
throughout the store.  
(313) 971-3366

**BOOKING BAKING**  
"The Baking Cookbook"  
Observer & Eccentric columnist Ruth  
Mosk Johnson will be signing copies of  
her newly published baking cookbook at  
the Rotaract Center, Dearborn, 300 Town  
Center Dr., Nov. 8-12. Executive Chef  
Christian Alvino will present and highlight  
recipes featured in the book at The Gaze  
Room for the 1995 Game Festival sched-  
uled during the third week of November.  
There will also be table side discussions  
about the book.

# Cheesecake is slim on fat, not taste

AP — The calories and fat in  
cheesecake are reduced by using  
light cream cheese, part-skim  
milk ricotta cheese, egg substitute  
and evaporated skimmed milk.  
Each slice of maple pumpkin  
cheesecake weighs in at 210 cal-  
ories and 10 grams of fat compared  
with 420 calories and 28 grams of  
fat in traditional recipes.

## MAPLE PUMPKIN CHEESECAKE

1/4 cup graham cracker crumbs  
2 tablespoons margarine,  
melted  
1 1/4 cups (16-ounce can) solid  
pumpkin  
1 cup packed brown sugar  
Two 8-ounce packages light  
cream cheese (Neufchâtel)  
1/2 cup part-skim milk ricotta  
cheese  
2 tablespoons all-purpose flour  
1 1/2 teaspoons pumpkin pie  
spice  
1 1/2 teaspoons maple flavoring  
1/2 cup undiluted evaporat-  
ed skimmed milk  
1/2 cup egg substitute  
Topping (recipe below)  
Chopped pecans, optional

Combine graham cracker crumbs  
and margarine in a small bowl.  
Press onto bottom of 9-inch spring-  
form pan.

Beat pumpkin, brown sugar,  
cream cheese, ricotta cheese, flour,  
pumpkin pie spice and maple fla-  
vor in large mixer bowl on high  
speed for 1 minute. Add evaporated  
skimmed milk and egg substitute;  
beat just until blended. Pour over  
crust.

Bake in a preheated 350-degree F  
oven for 65 to 85 minutes or until

knife inserted halfway between center  
and outer edge comes out clean.  
Meanwhile, prepare topping. Re-  
move from oven; cool for 10 minutes  
on wire rack. Spread with topping.  
Chill. Remove slice of pan and  
sprinkle with pecans to serve, if de-  
sired. Makes 16 servings.

For Topping Combine 1/2 cup  
nonfat sour cream, 1 tablespoon  
granulated sugar and 1/4 teaspoon  
maple flavoring in a small bowl.  
**Nutrition facts per serving, with-  
out chopped pecans:** 210 cal., 10 g  
fat.

## Have you seen Street Scene?

It's hot! It's cool. Check it out. Every Thursday.

## CORRECTION

In the October 29th Tabloid, the price of the GE 5" Diagonal Space-  
maker AC/DC and the 25" Diagonal RCA Table TV were incorrect.  
Prices should be as follows:  
— GE 5" Diagonal Space-maker AC/DC \$229.99  
— 25" Diagonal RCA Table TV \$359.99

We are sorry for any inconvenience this may have caused our guest.

MEIJER.

"My car got  
four people  
off the street  
and on the  
road to recovery."

Your old car can take someone off the street and put them  
on the road to recovery. If you've got an operable car, truck,  
camper, or boat, consider donating it to The Salvation Army.  
The proceeds from your donation will then go directly to the  
Adult Rehabilitation Center to help men in the metro area  
win the battle against drug and alcohol  
addiction. Your donation is tax deductible,  
and towing can be arranged.  
Call the Salvation Army at:

810-771-2452  
313-941-5100  
810-338-2601  
313-965-7760

Don't just make a donation,  
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476-0974

Corner of Orchard Lake Rd  
and Ten Mile in Farmington

Your Hometown Savings Headquarters

<b>Boneless Beef Round Steak</b> <b>\$1.58</b> 1 lb. Sold as Steak Only.	<b>Frozen Bone-In Turkey Breast</b> <b>88¢</b> lb.
<b>FAME Pick of the Chick</b> <b>99¢</b> lb.	<b>Washington Red Delicious Apples</b> <b>89¢</b> lb.
<b>Texas Red Grapefruit</b> <b>\$1.69</b> 5 LB. bag	<b>Orange Juice</b> <b>88¢</b> 64 oz.
<b>7-UP</b> <b>2/\$5.00</b> 12 Pack, 12 Oz. Cans. + DEP.	<b>Pride or Guilt-Free Ice Cream</b> <b>2/\$6.00</b> 1/2 Gal. Round

WE ACCEPT

DOUBLE Manufacturers COUPONS UP TO 50¢

Prices & Items good through Sun., Nov. 5, 1995. Check Sale Items in Store Paper.

A SPECIAL SALE FOR GRANDPARENTS AND SENIORS

SAVE 20%

on Nidgson's Largest Selection of Quality Dolls & Toys!

LAST WEEK!

Extended through Sat., Nov. 4th, 1995

The Doll Hospital & Toy Soldier Shop

1100 E. Main St., Farmington Hills, MI 48334

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